RECLAIM NURSING:
HEAL, EMPOWER, AND INSPIRE

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The Psychologically Healthy Workplace

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The Psychologically Healthy Workplace
Employers recognize responsibilities and life outside of work. Conflict between home and work demands is a significant source of stress for employees.

https://www.thstravel.com/how-to-achieve-a-healthy-work-life-balance-as-a-nurse/
Employers should maximize physical and mental health through prevention, assessment, and treatment of potential health risks.

https://www.npr.org/2015/02/25/387298633/at-va-hospitals-training-and-technology-reduce-nurses-injuries
Employers should offer opportunities to expand employees’ knowledge, skills, and abilities, and apply competencies to new situations.

http://www.uky.edu/nursing/academic-programs-ce/continuing-education/live-events
Employee Recognition programs allow employees to be rewarded for their contributions. They allow employees to feel valued and respected for their hard work.

https://www.westplainsdailyquill.net/features/health_fitness/article_642ab632-2d49-11e8-ae84-2f9841dfa8b5.html
Employee Involvement is actively involving employees in decision making. It is more than asking employees for their opinions. It is also *acting* on those opinions.
Why does a Psychologically Healthy Workplace matter in healthcare?

Too much Stress + Not enough recharge = Negative Energy Amounts

Burnout

https://elizabethscala.com/causes-of-nursing-burnout/
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https://galencollege.edu/news/5-ways-beat-burnout-infographic/
https://www.allnursingschools.com/articles/dealing-with-nurse-burnout/
https://www.medprostaffing.com/prevent-burnout-as-a-travel-nurse-with-these-3-simple-tips/
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https://www.youtube.com/watch?v=5ghRQ5VwdoE